



The Team Nutrition (TN) e-Newsletter is published periodically to share TN resources developed by USDA and/or by State agencies, and to share ideas for promoting healthy eating and physical activity through Team Nutrition at the State and local levels.

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## New from USDA Team Nutrition: Team Up at Home

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### *Team Up at Home: Team Nutrition Activity Booklet*



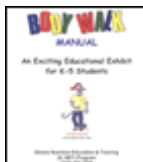
**\* Only available to Team Nutrition Schools \***

A collection of hands-on nutrition education activities for parents to use with their school-age children. This 36-page activity booklet is in a reproducible format for classroom and community use.

<http://teamnutrition.usda.gov/Resources/teamupbooklet.html>

## State Developed Materials

### *Body Walk Kit from Illinois*



This kit, part of a 2003 Team Nutrition Training Grant awarded to Illinois, is based on the Kansas material "Body Walk: An Exciting Education Exhibit for K-5 Students," but this material allows a school to hold a body walk event without scheduling and using a traveling exhibit. Instead, the school develops their own exhibit with tips from the guidebook. Available at:

<http://tinyurl.com/32z74x>

### *Montana: School Wellness in Action*



The goal of this 2004 Team Nutrition Training Grant is to increase support for Montana schools, childcare programs and communities to improve lifelong eating and physical activity habits of Montana families, specifically children. Includes materials for conducting Native American cooking classes, sample school survey and focus group questions, a brochure for parents, mini grant information,

and more!

<http://tinyurl.com/37hbaz>

### *5 a Day the Preschool Way*



5 A Day the Preschool Way is a resource module for centers participating in the Child and Adult Care Food Program (CACFP). In this module you will find many tools to assist in improving the child care center nutrition environment. There are circle time and classroom activities, coloring sheets, parent handouts, kid-friendly recipes and other resources. Some of the activities explore or

introduce the concepts of counting or color matching using fruits and vegetables.

<http://tinyurl.com/3569nk>

View other training and educational materials developed by State agencies through Team Nutrition Training Grants on line at:

<http://healthymeals.nal.usda.gov/state.html>

## Electronic Discussion Groups: Mealtalk and Successtalk

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Join our discussion groups and link up with other professionals who are operating the Child Nutrition Programs, such as the National School Lunch Program and the Child and Adult Care Food Program. Mealtalk will enable you to share resources, information and innovative solutions to common day-to-day problems.

Successtalk is an e-mail discussion group intended as a communication tool to link school health professionals, child nutrition educators, principals, teachers, parents and community members who are interested in creating a healthy school nutrition environment. Members can share success stories, resources, information and innovative program ideas that encourage healthy eating and physical activity habits.

To join an electronic discussion group, or to view the list archives, please use the following link:

<http://healthymeals.nal.usda.gov/discussion.html>



## Team Nutrition E-Newsletter

### About USDA's Team Nutrition

Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the Nation's children. Team Nutrition uses three behavior-oriented strategies: 1) provide training and technical assistance to help Child Nutrition Program foodservice professionals to prepare and serve nutritious meals; 2) provide multifaceted, integrated nutrition education for children, their parents, and other adults who influence children's behavior; and 3) build school and community support to create a healthy school environment that is conducive to healthy eating and physical activity.

For more information regarding USDA's Team Nutrition and how to enroll your school as a Team Nutrition School, go to the USDA Web site at <http://teamnnutrition.usda.gov/team.html>

What's new on USDA's Team Nutrition Web site? Check it out at <http://teamnnutrition.usda.gov>

Submit your comments and suggestions regarding this Team Nutrition e-newsletter to Desiré Stapley ([dstapley@nal.usda.gov](mailto:dstapley@nal.usda.gov))

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